



Dieting After Colon Hydrotherapy

To sustain the greatest long term benefits from Colon Hydrotherapy, each meal should include these five things to be a complete meal for proper digestion. Proper digestion means proper assimilation of foods for conversion into energy.

- I. Protein**
- II. Carbohydrates**
- III. Oils (Lipids)**
- IV. Liquids - Juices, Purified Water**
- V. Vitamin/Minerals**

Naturally, you will also want to avoid foods that you know have a history of creating bowel disturbances and poor digestion for your body.

Tips for a Health Colon:

- **Eat Plenty of Fiber**
 - * Apples/Apple Sauce
 - * Prunes/Prune Juice
 - * Fiber Supplements (make sure that your supplement has the right amount of soluble and no soluble fiber)
- **Add Flax Seed Oil**
 - * Omega 3, 6 and 9 are important essential fatty acids
 - * Important for a healthy colon, skin, joints and brain
 - * Protect cell walls against free radical damage
- **Take Probiotic Supplements**
 - * Friendly bacteria which live in the gastrointestinal tract
 - * Assist in keeping the tract clean
 - * Keep down the growth of yeast in the colon
- **Avoid Simple Carbohydrates**
 - * Low nutrition, low fiber foods
 - * Examples include white flour products, rice, pasta, bread, sugar, etc.
- **Drink Aloe Vera Juice*** A regular, daily course of **Aloe Vera Juice & Exercise** will help keep the digestive track clean